

## City of Yonkers

### The Department of Parks, Recreation & Conservation

285 Nepperhan Avenue  
Yonkers, New York 10701



### Spring / Summer 2011 COMMUNITY RECREATION SUMMER CAMPS &



[www.yonkersny.gov](http://www.yonkersny.gov)  
[register.communitypass.net/yonkers](http://register.communitypass.net/yonkers)

# GENERAL INFORMATION

## The City of Yonkers Department of Parks, Recreation and Conservation

We are located at:  
285 Nepperhan Avenue,  
in Yonkers N.Y. 10701  
Hours: Monday- Friday  
8:30 A.M. to 4:30 P.M.

**REGISTRATION:** Registration is on a first -come, first- served basis until programs are full. MAIL-IN REGISTRATION IS NOT ACCEPTED.

**ON-LINE REGISTRATION:** The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make on-line payments using Visa, Master Card and Discover Card.

**WALK-IN REGISTRATION:** Walk-in registration takes place the day after on-line registration. Some classes will be full prior to 9am. If it is impossible for you to register on-line, in-person registration will take place at 285 Nepperhan Avenue. You can make payment using check, cash, Money Order, Master Card, Visa and Discover Card.

**AGE REQUIREMENTS:** Age requirements will be as of the date of the first class unless otherwise specified. Please do not request to sign your child up for a class she/he does not belong in. All age requirements are set to benefit the children and make instructions more consistent for the program leader. An Adult class is for ages 18 yrs and older. No one under the age of eighteen is permitted to participate in or attend an adult class.

**PROGRAM ABSENSES:** Classes are not made up due to a participant's personal absence. If you miss a class because of personal reasons, we do not owe you a class. Classes lost to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

**REFUND POLICY:** If you register for a program and must drop out before the class begins, there will be \$25 processing fee associated with your refund. No refunds will be issued after classes begin, except for medical reasons. These requests must be accompanied by a letter from a physician.

**PROBLEM PAYMENTS:** Bounced checks and credit card charge cancellations will carry a \$25 processing fee.

**INCLEMENT WEATHER:** The best way to receive quick and accurate information about program cancellations is to call our Hotline at 377-6454. You can also listen for cancellation announcements on WFAS 1230 AM and 103.9 FM.

**SINCERE APPRECIATION:** The Dept. of Parks, Recreation and Conservation would like to thank the Yonkers Public Schools for the use of their facilities. The extra time and energy from principals, teachers, secretaries, and custodians is appreciated.

**SPECIALISTS NEEDED:** If you have a special skill and would like to teach for the Yonkers Parks Dept please feel free to call the Parks office Monday through Friday from 8:30 A.M until 4:30 P.M. at 914-377-6436.

**PROGRAM BEHAVIOR:** Participants are expected to exhibit appropriate behavior at all times. The following rules have been developed to make programs safe and enjoyable for everyone. Participants shall: show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants or staff. Show respect for equipment, supplies and facilities.



## CITY OF YONKERS

Philip A. Amicone, Mayor

## CITY COUNCIL

Charles Schorr - Lesnick	Joan Gronowski
President	3rd District
Patricia D. McDow	Dennis Shepherd
1st District	4th District
Wilson Terrero	John Murtagh
2nd District	5th District
	John Larkin
	6th District

## DEPARTMENT OF PARKS, RECREATION AND CONSERVATION

### PARKS BOARD

Herbert Blum,	Jason Wilson
Chairman	Orest Kozicky, MD
Joseph Greco	Stephen M. Trusa
Geraldine Esposito	Erich Barnes

Commissioner  
August J. Cambria  
Deputy Commissioner  
Craig A. Berardo  
City Arborist, Joseph Troy  
Director of Maintenance,  
Gino Pugliese  
Recreation Director, Stephen Loftus  
Recreation Supervisors:  
David Antonelli Tara Conte-Giglio  
Lisa McKay Frank Cardone  
Andrea Velazquez Sandy Korkatzis

## EJ MURRAY MEMORIAL SKATING CENTER

Rink Manager  
Robert Allo  
Assistant Rink Manager  
Patricia Urban

## YONKERS ANIMAL SHELTER

Animal Control Officer  
Almira Simpson  
Deputy Animal Control Officer  
Marco Segarra

## COYNE PARK RIFLE RANGE

Range Officer , Christopher Rotolo

## ON-LINE REGISTRATION

[register.communitypass.net/yonkers](https://register.communitypass.net/yonkers)

### Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

**Requirements:** You must pay with a Visa, Master Card or a Discover Card, and need a valid email address.

#### Setting up an Account

Go to <https://register.communitypass.net/yonkers>

Click on : "Create an Account for Your Family Now" and complete the account form.

To add more family members click on:

"Update Your Family Information". At the top of the next page click either "Add Another Child" or "Add Another Adult". After you have added your family members, click "Home".

You will receive an email that contains your log-in info.

## ON REGISTRATION DAY

### Step 1

Go to <https://register.communitypass.net/yonkers>

Log in using your user name and password. Select the activity and click on "Register Now"

**Step 2** On the next page update any information for the primary contact and/or click "Continue"

**Step 3** On the next page select the "Group" at left. You can view full information about a program by clicking on the name of the program that appears above the "Register" button or register immediately by clicking on the "Register" button.

### Step 4

On the "Choose Participant" page, click the box next to the person/persons you are registering, then click "Continue".

### Step 5

On the "Registration Forms" page, enter the required information, then click the "Continue" button.

### Step 6

If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If not finished, click on "Continue Registering". Confirmation will be sent via email receipt.

## ON-LINE REGISTRATION SCHEDULE

### Pre-K Summer Camp Online Registration:

Monday, May 2 at 7 P.M.

### Pre-Ballet for Pre-K Online Registration:

Monday, May 2 at 7 P.M.

### Adult Recreation Online Registration:

Monday, May 2 at 7 P.M.

### Youth Summer Sport Camps Online Registration:

Monday, May 2 at 7 P.M.

### Youth Dance Camp Online Registration:

Monday, May 2 at 7 P.M.

### Camp Rays Day Camps Online Registration:

Wednesday, May 4 at 7 P.M.

## AQUATICS WATER TESTING & ONLINE REGISTRATION SCHEDULE

### Aquatics Water Testing & Online Registration

**Water Testing Requirements:** If your children have not been in our program, you MUST bring them to Water Testing for correct placement in our level classes, unless you know they are level 1.

### Spring Session

**Water Testing:** Tuesday, May 17 from 6-8 P.M.  
at the Mark Twain Pool, 160 Woodlawn Ave.

### Aquatics Spring Mini-Session Online Registration:

Wednesday, May 18 at 7 P.M.

### Summer Session

**Water Testing:** Tuesday, June 21 from 6-8 P.M.  
at the Mark Twain Pool, 160 Woodlawn Ave.

### Aquatics Summer Mini-Session Online Registration:

Wednesday, June 22 at 7 P.M.





## Spring & Summer PROGRAMS AT A GLANCE

### SPRING ADULT RECREATION

Frank Cardone, Rec Supervisor 377-6440

40/40 Dance Combo  
Ballroom & Latin Dance  
Belly Dance  
Boot Camp Fitness  
Dance Exercise  
Dog Obedience  
Kripalu Yoga  
Line Dancing  
Morning W.O.N.D.E.R  
Pilates  
Salsa  
Slimmersize with a touch of Zumba  
Slimnastics with a touch of Zumba  
Zumba

### PRE-SCHOOLER RECREATION

Frank Cardone, Rec Supervisor 377-6440

Pre-K Summer Camp  
Pre-Ballet for Pre-K  
Golf  
Sport Squirts  
Soccer Suits

Andrea Velasquez, Rec Supervisor

Parent & Tot / Aquatics 377-6439

### DANCE & SPORT CAMPS

Frank Cardone, Rec Supervisor 377-6440

Dance Camp  
Baseball/Softball Camp  
Basketball Camp  
Field Hockey Camp  
Flag Football Camp  
Golf Camp  
Lacrosse Camp  
Multi-Sport Camp  
Skateboarding Camp  
Red Bull Soccer Camp  
Soccer Squirts  
Sports Squirts  
Tennis Camp  
Volleyball Camp

### CAMP RAYS

David Antonelli, Rec Supervisor 377-6443

Montessori Academy  
Cross Hill Academy (formerly)  
Emerson Middle School  
Montessori School #27  
Dodson School

### SPRING & SUMMER AQUATICS

377-6439

Andrea Velasquez, Rec Supervisor

Adult Learn to Swim  
Cardio Aqua Fit  
Deep H2O Aquacise  
Lap Swim  
Noon Lap Swim  
Parent & Tot  
Recreation Open Swim  
Senior Swim  
Teen Learn to Swim  
Yonkers Masters Swimming  
Yonkers Tsunami Swim Team  
Youth Level Swim Classes

### SENIOR CITIZEN RECREATION

Age Requirement: 60+

Sandy Korkatzis, Rec Supervisor 377-6444

Senior Centers  
Bingo  
Spring Specialist Classes  
Chair Exercise  
Chair Yoga  
Drawing Class  
Exercise  
Line Dancing  
Tai Chi  
Walking Program  
Water Color Painting  
Woodcarving  
Yoga

### PROJECT FRIENDSHIP & CAMP PRIDE

for the developmentally disabled.

Tara Conte, Rec Supervisor 377-6438

Art Therapy  
Bowling  
Dance Therapy  
Fun & Fitness  
Hero Tennis  
Music Therapy  
Pet Therapy  
Special Olympics  
Story Telling  
Teen Social Club  
Theatre Workshop  
Yoga  
Young Adult Club  
Camp Pride

### OUTDOOR PERMITS

Lisa McKay, Rec Supervisor 377-6442

### INDOOR PERMITS

David Antonelli, Rec Supervisor 377-6443

### YONKERS ANIMAL SHELTER

377-6730

### YONKERS RIFLE & PISTOL RANGE

377-6488

### EJ MURRAY MEMORIAL SKATING CENTER

377-6469



## Spring & Summer EVENTS

### Spring Track Races

Boys & Girls, Ages 4-14

Saturdays & Sundays, starting in April

Lincoln High School & War Memorial Field. Call 377-6441 for schedule.



Philip A. Amicone, Mayor

Yonkers Department of Parks, Recreation and Conservation  
and the Yonkers Police Athletic League

Easter Egg Hunt

Saturday, April 23, 2011

Redmond Field — Cook Avenue, Yonkers

For Children 4 to 10 Years old . . . Rain or Shine!

Children are divided into the following groups for the hunt

4 years & under 10:00 AM - Area # 1

5 to 7 years at 10:30 AM - Area # 2

8 to 10 years at 11:00 AM - Area # 3

Eggs are hidden on the field,

Not on the hillside, brook or woods

Bring your camera - Come and meet the Easter Bunny!

For further information, call (914)377-6450

### Spring Puppet Show "Bugtown Follies"

Saturday, June 4 at the Cola Community Center located at 945 North Broadway

Free admission, show starts at 1P.M. On-street parking is available.

Refreshments will be served. For further information call 377-6443.

### The Big Summer Chill 2011

Your child, age 7-14, can enjoy our adult-supervised Big Summer Chill events.

Use a "Chill-Out" pass for free admission. Yonkers residents only.

Call 377-6450 for more information.

#### Summer Movie

July 13 and 27 at 10:00 am  
Cedar Place School  
20 Cedar Place

#### Roller Skating Party

Thursday, July 21 at 10:00 am  
Murray Skaing Center  
348 Tuckahoe Road

#### Roller Disco Barbecue

August 4 and 5 at 10:00 am  
Murray Skating Center  
348 Tuckahoe Road

## **Spring & Summer EVENTS**

### **Yonkers Philharmonic Concert**

Presents a Free Concert Sunday, May 22 at Saunders Trade and Technical High School at 3 P.M.  
Sponsored by the Fine Arts Orchestral Society of Yonkers. Conductor: James Sadewhite

### **Yonkers Male Glee Club Concerts**

Saturday, May 21 at 3:00 pm, Will Library, 1500 Central Park Avenue  
Sunday, June 5 at 3:00 pm ... Saunders High School, 183 Palmer Road  
The performance at Saunders will feature Yolanda F. Johnson, soprano.  
Both performances free.  
Conductor: Robert Sonnenberg

### **City of Yonkers Memorial Day Ceremony & Parade**

Monday, May 30 Ceremony 9 A.M.  
War Memorial Monument on South Broadway, in front of City Hall.  
  
Parade 10:30 A.M. South Broadway, from Radford Street to Getty Square.  
Call 377-6700 for more info. about these & other Memorial Day parades & events in Yonkers.

### **Ukrainian Heritage Festival**

Weekend of June 17 through June 19  
Friday, June 17 from 6 – 10 P.M.  
Saturday, June 18 from 1 - 10 P.M.  
Sunday, June 19 from 1 to 7 P.M.  
Opening Ceremony on Friday, June 17 at 7 P.M.  
Rides, Ukrainian food and cultural items, Free music and dance performances.  
St. Michael's Ukrainian Catholic Church, 510 North Broadway at Shonnard Place  
Visit [www.yonkersukrainianfestival.org](http://www.yonkersukrainianfestival.org)

### **Untermeyer Performing Arts WorldFest 2011**

Saturdays starting at 7:30 P.M. June 25 through September 3 at  
historic Untermeyer Park, 945 North Broadway  
Visit [www.untermeyer.com](http://www.untermeyer.com) for a list of free events

### **Yonkers Golf Classic**

Registration begins August 15 - Two-round tournament: October 16 and 23  
\$7 registration fee. Weekend greens fees apply. Call 377-6443 for an application and details

## ADULT SPRING RECREATION

### Morning Zumba Fitness®

Instructor: Angela Hultberg

Enjoy an exhilarating hour of calorie-burning, core-strengthening movements set to Latin and international rhythms. Easy-to-follow steps to music that makes you smile. It's so much fun that you will forget you're working out. It's exercise in disguise! Wear work out clothes and sneakers. Bring water and a towel. Monday and Saturday classes are at different locations and also have separate registration fees.

Fee: \$50 Non-residents: \$65

Day & Time: Now 6 classes, starting May 7

Saturdays 10:30 – 11:30 A.M.

Location: Montessori Academy (Mark Twain) auditorium, opposite 119 Woodlawn Avenue

On-line Registration: See page 3 - Adult registration



**Zumba Fitness®** Instructor: Angela Hultberg  
Join in the party-like atmosphere in a fusion of Latin and international music, with a combination of fast and slow dance rhythms, to tone and sculpt the body, strengthen the heart and burn fat. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel, and ZUMBA toning sticks, if available.

Time: 7:15 -8:15 P.M.

Dates: 6 classes. 5 Mondays & 1 Wednesday (6/1)

We start May 16th

Fee: \$50. Non-residents: \$65

Location: Nodine Hill C.C., 140 Fillmore Street

On-line Registration: See page 3 - Adult registration

### Zumba Toning®

Instructor: Angela Hultberg

This new class takes the original Zumba® dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight Toning Sticks (1.5 lbs by Zumba Fitness®) or dumbbells. Specially produced music with combined Latin and International rhythms adds to the fun and flavor! Bring your own Zumba Toning Sticks or 1, 2, or 3 pound dumbbells, or order sticks from Angela for this unique, challenging, effective fat-burning and body-shaping cardio experience. Angela will call each student before the first class to learn which students would like to purchase Toning Sticks.

The cost of these specially designed sticks will be approx \$15 (Cash payment due by the second class).

Time: 6:00 – 7:00 P.M.

Dates: 6 classes. 5 Mondays & 1 Wednesday (6/1)

We start May 16th

Fee: \$50. Non-residents: \$65

Location: Nodine Hill Center, 140 Fillmore Street

On-line Registration: See page 3 - Adult registration



### Morning Zumba Fitness...Beginners

Instructor: Angela Hultberg

A safe-paced and effective 45-minute workout for adults 18 and over who have never participated in any dance or exercise system, for "couch potatoes", and for adults recuperating from injuries or surgery. Our instructor will break down the steps and combine them for a rousing, fun, and effective workout. Join in the party-like atmosphere in a fusion of Latin and International music, with a combination of fast and slow dance rhythms, to tone and sculpt the body, strengthen the heart, and burn fat. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel.

Time: 9:30 to 10:15 a.m.

Dates 6 classes. Saturdays, starting May 7

Fee: \$50, Non-residents: \$65

Location: Montessori Academy (Mark Twain) auditorium, opposite 119 Woodlawn Avenue

On-line registration; See page 3 – Adult Registration



## ADULT SPRING RECREATION

### **Slimmersize with a touch of ZUMBA®**

Instructor: Lydia Otero

Slimnastics with a twist. More cardiovascular movement and all your traditional exercises – squats, lunges, sit-ups, etc. A progressive class that gradually increases. Resistance bands will be provided.

Requirements: Bring a mat or towel and 2-5lb weights.

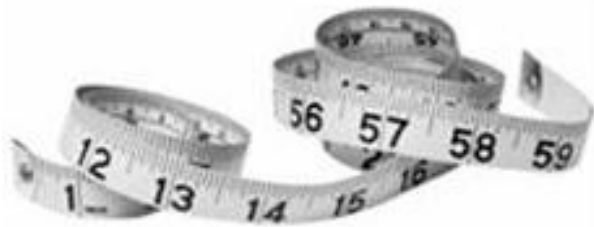
Day & Time: Now 6 classes, starting May 19

Thursdays, 6:30 – 7:30 P.M.

Fee: \$50. Non-residents: \$65

Location: Coyne Park C.C. 777 McLean Ave.

On-line Registration: See page 3 - Adult registration



### **Slimnastics with a touch of ZUMBA®**

Instructor: Lydia Otero

Exercise every part of your body, including the problem spots. Slowly and gradually work up to your fullest potential. Rubber bands provided for weight resistance. Requirements: Bring a mat or towel and 2-5 lb weights. Monday and Saturday classes have separate registration fees.

Time: Mondays 6:45 – 8:15 P.M. or / and

Saturdays 9:30 – 10:30 A.M.

Dates: Now 6 classes:

Saturdays, starting on May 14

Mondays, starting on May 16

Fee: \$50. Non-residents: \$65

Location: Cola Center 945 North Broadway

On-line Registration: See page 3 - Adult registration

### **Boot Camp Fitness**

Instructor: Marcus Hodge

Are you FINALLY ready to tone, firm, strengthen and get rid of that pesky fat and lose a few extra pounds...

OK, it's time! Let's not delay anymore. For some of us it's been a month, 2 months, or maybe even a couple of years. But, the time is NOW to get in shape. No more procrastination! No more excuses!

These classes are full of energy and offer tons of variety. A great workout as well as important nutritional tips to help maintain a healthier diet. In just six weeks you can see amazing results and see how much more energy you'll have throughout the day. Class is recommended to anyone who is serious about getting in shape and leading a healthier lifestyle. To check out testimonials and before and after pictures, be sure to visit <http://mthfitness.com/testimonials.html>



#### **What to Expect?**

- A fun and challenging Workout
- Faster Metabolism to Burn MORE fat at rest
- Reduce your midsection by 1-3 inches
- Increased Muscle Tone and Flexibility
- Look and Feel Younger with more energy
- Look and Feel Better in your favorite clothes
- 4-12 lbs. of Weight Loss, 3-6% Decrease in Body Fat
- Reduce your cravings for fats, sugars and junk food
- Increased sense of overall well-being
- and much much more...

6 week Session, twice a week

Days & Time: 7:15 P.M. to 8 P.M.

12 classes. Tuesdays & Thursdays,

starting May 17 & 19 Fee: \$95. Non-residents: \$120

Location: Nodine Hill Center, 140 Fillmore Street

On-line Registration: See page 3 - Adult registration



## ADULT SPRING RECREATION

### Ballroom & Latin Dance

Instructor: Evangelina Rivera

Learn how to "Dance Like the Stars!" A fun, introductory course that will teach you the basics of the Tango, Waltz, Swing, Cha-Cha, Merengue, and Hustle! No partner necessary. Requirements: Wear comfortable attire and shoes with smooth soles.

Time: 8:30 - 9:30 P.M.

Dates: Now 6 classes... 5 Mondays and 1 Wednesday (June 2). We start on May 16

Fee: \$50. Non-residents: \$65

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3 - Adult registration



### Salsa

Instructor: Angelina Rivera

The hottest social dance, Salsa "on 2" NY Style. This course focuses on timing, footwork, partnering, and doing those turns the "right" way in a fun, supportive environment. No partner necessary. Requirements: Loose clothing and dance sneakers or comfortable shoes with smooth soles.

Dates: Now 6 classes, 5 Mondays and 1 Wednesday (June 2). We start on May 16.

Intermediate 6:30 P.M. – 7:30 P.M.

Beginner 7:30 P.M. – 8:30 P.M.

Fee: \$50. Non-residents: \$65

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3 - Adult registration

### Belly Dance

Instructor: Sadari Neville

This dance form inspires mystery and puts women in direct contact with their forgotten feminine selves, fosters empowerment, improves cardiovascular health, and strengthens and tones the body. Beginners need no previous experience. Focus is on core movements, technique and alignment. Beginner Plus students also explore choreography.

Level / Time / Day:

Beginners Thursdays 6:30 - 7:30 P.M.

Beginner Plus Thursdays 7:35-8:35 P.M.

Dates: Now 6 classes, starting May 19

Fee: \$50. Non-residents: \$65

Location: Montessori Academy (Mark Twain), opposite 119 Woodlawn Avenue

On-line Registration: See page 3 - Adult registration

### 40/ 40 Dance Combo

Instructor: Diane Capurso

Move, groove, dance to the beat and feel the "heat"! Some lite kickboxing and weights will be used in the first 40 minutes. Zumba Gold® follows with more movin' and groovin' but this time with Latin and international rhythms and dance steps (cha-cha, salsa, Merengue, mambo and more.) This cardio-dance fusion will be easy-to-follow. Set your own pace! Zumba Gold® is geared for the active older adult and those returning to exercise.

Time: 7:30 - 8:50 P.M.

Dates: Now 6 classes.

Wednesdays, starting May 25.

Fee: \$50. Non-residents: \$65

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3 - Adult registration

### Dance Exercise

Instructors: Diane Capurso

Dance and exercise at the same time! This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. Requirements: Bring a mat or towel and 2-5 lb weights.

Time: 6:00 – 7:15 P.M.

Dates: Now 6 classes.

Wednesdays, starting May 25.

Fee: \$50. Non-residents: \$65

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3 -

Adult registration

## ADULT SPRING RECREATION

### Morning W.O.N.D.E.R

Instructor: Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music. Requirements: Bring a volleyball-size ball, and optional 1-5 lb weights.

Time: 9:00 – 10:00 A.M.

Dates: Now 6 classes. Fridays, starting May 13

Fee: \$50. Non-Residents: \$65

Location: Cola Center, 945 North Broadway

On-line Registration: See page 3 - Adult registration



### Line Dancing

Instructor: Lucy Moschetta

Dances taught step by step. Learn the popular dances such as Dizzy, Jose Cuevo, Cypress Groove, Crazy Foot Mambo, as well as the classics. Beginner Plus class is for students who have already taken the Beginner Class or have other line dancing experience.

Requirements: Wear comfortable clothes and either sneakers or shoes with rubber soles.

Level / Time:

Beginner + 6:30 p – 7:30 pm

Beginner 7:35 p – 8:35 pm

Dates: Now 6 classes. Tuesdays, starting May 17

Fee: \$50. Non-residents: \$65

Location: Roosevelt H.S., 631 Tuckahoe Road

On-line Registration: See page 3 - Adult registration

**Kripalu**  
exploring the yoga of life.



### Kripalu Yoga

Instructor: Brigitte Bedell

Learn yoga postures that will improve your flexibility, strength and self-awareness. Classes also include breathing exercises and warm-ups, and are designed to incorporate and work all levels of the body gently, yet deeply. Requirements: Bring a mat or towel and wear loose clothing.

Level / Time: Advanced 6:30- 8 :00 P.M.

Beginner 8:15 – 9:45 P.M.

Dates: Now 6 classes. Tuesdays, starting May 17

Fee: \$50. Non-Residents: \$65

Location: Cola Center 945 North Broadway

On-line Registration: See page 3 - Adult registration

### Pilates

Instructor: Ruby Jin

Traditional Pilates techniques recreated in simple and fun ways. This workout helps to strengthen core muscles, sculpt the body, increase flexibility, reduce stress, and improve energy levels using controlled movements. Bring an exercise mat.

Time: 7 - 8 p.m.

Dates: Now 6 classes. Wednesdays starting May 18

Fee: \$50 Non-residents \$65

Location: Nodine Hill C.C., 140 Fillmore Street

On-line Registration: See page 3 - Adult registration

## ADULT SPRING RECREATION

### Dog Obedience – Beginning

Instructor: Loren Manzell

This results-oriented class covers commands such as: heel, let's go, sit, down, stay, come, dog's name, praise, and more. Owners are responsible for cleaning up after their dogs. Program is for dogs 4 months and older.

Requirements: Please bring to the first class: copies of up-to-date health records, plastic bags for clean up, leash, collar, doggy treats, and don't forget your dog!

Age / Time: 14 through Adults 6:45 – 7:45 P.M.

Dates: Six Tuesdays, starting May 17

Online Registration: Monday, May 2 at 7 P.M.

Fee:\$150 Residents: \$200

Location: Bronx River Road C.C, 680 Bronx River Road

### Dog Obedience - Advanced

Instructor: Loren Manzell

An exceptional, results-oriented obedience training program that also gives your dog a great physical workout. Make it a family affair by adding another family member (minimum 10 years of age and living in the same dwelling) with you and your dog. Program consist of one safety evaluation meeting (mandatory) followed by six intense obedience classes where you walk yourself to fitness. A ten minute break is provided for watering you and your dog. Requirements: Prior obedience experience and copies of up-to-date health records for all dogs. Also: Call Loren on 963-7190 NOW to participate in Safety Evaluation Meeting on May 10.

Age : A class for adults who can be joined by younger family members. See below.

Time: 8:00 - 8:45 P.M.

Session 1 dates: Six Tuesdays, starting May 17

Online Registration: Monday, May 2 at 7:00 P.M.

Fee:\$150 Residents: \$200

Location: Bronx River Road C.C, 680 Bronx River Road

Above fees for Advanced Obedience Class are for 1 dog and 1 handler. Add \$10 for each additional family member (minimum 10 years of age and living in the same dwelling as dog). Add \$10 for each additional dog. Pre-registration is required. No walk-ins.



# Pre- K Summer Camp

## Camp Information

### **P.S #15**

175 Westchester Avenue,  
near Crestwood Library

### **P.S #30**

30 Nevada Place,  
near Cross County Shopping Center

### **Northwest Yonkers Site**

We have applied to use P.S. # 22  
1408 Nepperhan Avenue,  
across from Richter Park  
Call 377-6440 in late April for an update.

Your children will be introduced to a variety of indoor and outdoor recreation and educational learning experiences through activities such as arts and crafts, music, drawing and story telling.

Session 1: July 5-22

Session 2: July 25-Aug 12

Your child can attend Session 1, Session 2 or both sessions (that entitles you to a \$30.00 discount)

Days & Time: Monday - Friday 9 a.m. - 12 noon

Fees: A Great Value!

\$270 for one session

\$510 for two sessions

No refunds given once the program begins. Prior to camp, all but \$100 will be refunded.

## Camp Requirements

Children must be 3-5 years of age by the camp start date and be toilet trained (no diapers). Parents should prepare youngsters by emphasizing that this camp will be a fun experience, with various indoor and outdoor activities, and the opportunity to make new friends. Parents must be prepared to provide a copy of child's birth certificate upon request.

## Registration Information

Registration is on a first-come, first-served basis. You can register on-line or in person for this very popular camp.

Mail-in registration is NOT accepted.

The best way to improve the chances of your child attending the location of your choice is to register on-line as soon as possible once registration begins. On-line registration begins on Monday, May 2 at 7 P.M. and will continue 24 hours a day, 7 days a week until each site fills.

See page 3 for complete registration information and step by step instructions.

Should you have any questions, contact Frank Cardone at 377-6440.

**See page 13 & 14 for these other program for young children.**

**Pre-Ballet for Pre-K**

**Soccer Squirts**

**Sport Squirts**

**Parent & Tot Swimming**

**Golf (page 20 )**





## Pre-K Recreation

### Pre-Ballet

**Instructor:** Silvana and Stefanie

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns and express themselves through movement games. Max 10 students per class.  
Silvana will teach on Fridays, and Stefanie will teach on Tuesdays & Thursdays.

**Requirements:** Dancewear/ form-fitting clothes and ballet slippers (Girls-pink, Boys-black). Children can register for one class only, on one day.

**Fee:** \$50. Non-residents: \$65

**Location:** Montessori Academy (Mark Twain),  
opposite 119 Woodlawn Ave.

**Dates:** Now 6 classes: Tuesdays, Thursdays. or  
Fridays starting May 10, 12 or 13

**Age/Time:** 3 - 4.5 yrs 4:45 – 5:30 P.M.  
4.5 - 5 yrs 5:45 – 6:30 P.M

**On-line Registration:**

See pre-school registration- pg 3



### Parent and Tot Swimming

**Age:** 6mo-3yrs & 3yrs-4 1/2yrs

Parent and tot swim classes are designed to give parents and their child a chance to spend quality time in the pool with guidance from a swim instructor. Children develop the basic skills of swimming and gain confidence in the water by learning to put their face underwater, blowing bubbles, kicking, and jumping in the water. Kick boards and noodles are used by the instructors as learning tools. Children must be accompanied by an adult.

**Location:** Mark Twain Pool, 160 Woodlawn Ave.

**Online Registration:** See page 3

**Spring Session:** Starts the week of May 24th  
4 Weeks meeting twice a week

**Fee:** \$89

**Age/ Days & Time:** 6 mo- 4 1/2yrs  
Tues & Thurs 5:30 - 6 pm

**Summer Session:** Starts the week of July 5th  
4 Weeks meeting once a week

**Fee:** \$45

**Ages /Days & Time:**

6 mo-3yrs Fridays 6:15-6:45 P.M.

3yrs-4 1/2yrs Fridays 6:45 - 7:15 P.M.



## Pre-K Sport Camps

### USA Soccer Squirts

Often imitated, never duplicated, this camp offers a fun-filled environment for boys and girls ages 3-5. The United Soccer Academy, in cooperation with the U.S. Sports Institute, provides a great way to introduce young children to soccer in a short-camp format of enjoyable games and activities which develop motor skills, encourage group interaction, and provide an excellent form of exercise. Schedule includes a range of soccer themes. The emphasis is on fun and more fun. Parents should bring a water bottle and are more than welcome to stay and watch. Each camper receives a soccer ball and a T-shirt.

Ages: 3-5, Boys and Girls

Fee: \$72.00

Registration: Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com).

Begins May 2 at 7 pm

Make payment by:

Visa, Mastercard, Amex and Discover cards.

Questions about registration: Call (732) 563-2520.

Camp Dates & Time: August 1-5 4:30 – 5:30 pm

Site/Rain Site: Lincoln High School

Athletic field & Gymnasium

Kneeland Avenue at Borchers Avenue



### Sports Squirts

This U.S. Sports Institute camp is a great way to introduce children ages 3 to 5 to sports such as soccer, T-ball, basketball, lacrosse, and floor hockey, all taking place in a safe, structured environment. Activities are designed to evoke a child's imagination by using games that include cartoon characters. All activities promote learning, hand-eye coordination, movement and most of all, fun. Parents should bring a water bottle and are more than welcome to stay and watch. Children receive a T-shirt and certificate.

Ages: 3-5

Fee: Either Session \$ 65.00

Both Sessions \$130.00

Registration: Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com).

Registration begins May 2 at 7 pm

Make payment by Visa, Mastercard, Amex & Discover cards.

Questions about registration: Call (732) 563-2520.

Session 1: June 27 – July 1

Time 4:30 p.m. – 5:30 p.m.

Lincoln High School

Athletic Field & Gymnasium

Kneeland Avenue at Borchers Avenue

Session 2:

August 15 – 19 4:30 p.m. – 5:30 p.m.

Welty Park

Barton Road, off Mile Square Road

# Camp Rays Day Camp

## Locations

**Montessori Academy**  
(formerly)  
Mark Twain Middle School  
160 Woodlawn Avenue  
Max enrollment: 216

**Dodson School**  
105 Avondale Road  
Max enrollment 116

**Cross Hill Academy**  
(formerly)  
Emerson Middle School  
160 Bolmer Avenue  
Max enrollment: 116

**Montessori School #27**  
132 Valentine Lane  
Max enrollment: 72

## Camp Information

Each camper will enjoy: Instruction in softball, soccer, wiffleball, kickball, and basketball, water activities, relay races and games, board games, arts and crafts, music and dance, special events, shows, carnivals, and two trips to a Westchester County Pool.

## Age Requirements

For Children ages 5-14. Campers must be 6 years of age by December 31, 2011, and entering the 1st grade in September. Campers may NOT be 15 years of age before August 12, 2011.

## Camp Sessions

Session I – July 5 – July 22  
Session II – July 25 – August 12

## Days & Times

Monday through Friday 8 a.m – 3:00 p.m.  
Extended hours (3:00 – 5:00 p.m.) available.

## Registration Information

**Limited space available on a first-come, first-served basis.** On-line registration begins on Wednesday, May 4 at 7 p.m. and will continue until each site fills. Mail-in registration is NOT accepted. See page 1 for complete registration information.

## 2011 Camp Rays Fees

### Montessori Academy Fees

1 SESSION (3 WEEKS) PER CAMPER	
8 A.M. – 3 P.M.	\$400.00
8 A.M. – 5 P.M.	\$475.00
2 SESSIONS (6 WEEKS) PER CAMPER	
8 A.M. – 3 P.M.	\$800.00
8 A.M. – 5:00 P.M.	\$950.00

### Dodson and Cross Hill Academy Fees

1 SESSION (3 WEEKS) PER CAMPER	
8 A.M. – 3 P.M.	\$350.00
8 A.M. – 5 P.M.	\$425.00
2 SESSIONS (6 WEEKS) PER CAMPER	
8 A.M. – 3 P.M.	\$700.00
8 A.M. – 5:00 P.M.	\$850.00

### Montessori School #27

1 SESSION (3 WEEKS) PER CAMPER	
8 A.M. – 3 P.M.	\$300.00
8 A.M. – 5 P.M.	\$375.00
2 SESSIONS (6 WEEKS) PER CAMPER	
8 A.M. – 3 P.M.	\$600.00
8 A.M. – 5:00 P.M.	\$750.00

Make payments on-line with Visa, Mastercard, or Discover credit card. If you register in-person, make checks payable to "City of Yonkers".

ALL FEES ARE DUE IN FULL AT REGISTRATION, INCLUDING UNION, COUNTY, and ALL OTHER SUBSIDIZED METHODS OF PAYMENT

**Refund Policy:** If a child withdraws prior to the start of camp, you will be entitled to a refund, minus a \$100 processing fee. Refunds will not be considered after a session begins. For information regarding fees and to request a Camp Rays application contact Dave Antonelli at 377-6443.



## Dance Camp



### Dance Camp

Dance, Dance, Dance! This two-week camp is for beginning students as well as those who have already been in a dance program. Campers 6-8 will learn ballet, modern, and basic jazz techniques through games, activities, and choreography. Campers 9-12 will learn jazz, hip hop, and modern. They will learn choreography and have an opportunity to create their own. Everyone should wear loose clothing and bring water and a quick snack.

Footwear: Sneakers, ballet slippers or jazz shoes. Each class is limited to ten students.

Ages ....6-12, Boys and Girls

Fee.... \$90 for two weeks

Dates....August 1- 5 and August 8 -12.

Times:

Ages 6- 8... 1:00 – 2:30 pm

Ages 9 -12.....2:45 – 4:15 pm

Site: Nodine Hill Community Center (air conditioned)

140 Fillmore Street

in the Fleming Field parking lot.

See Page 3 for Registration Information





## Sport Camps - Red Bulls Soccer

### Red Bulls Soccer Camp

This camp is designed for players who are new to the game or play within local recreation or competitive leagues. The curriculum focuses on teaching fundamental skills using methods that are fun and challenging. Players are grouped by age and ability to create the best environment for improvement. Bring your own shin guards and water bottle. Campers receive an Adidas ball, Red Bulls T-shirt, and free companion ticket to at Red Bulls game at Red Bull Arena in Harrison, NJ.

Campers must bring shin guards and a water bottle.

### Registration

The best way to secure a spot during the weeks of your choice is to register (starting May 2 at 7:00 pm) on-line at [www.redbullsacademy.com](http://www.redbullsacademy.com)

Make payment by Visa, Mastercard, Amex credit or debit cards. Questions about registrations?  
Call 1-888-370-7287

Ages: 6 – 13	Dates & Times:	Week 1	June 27 – July 1	9 am – 1 pm
		Week 2	July 5 – July 8	9 am – 2 pm
		Week 3	July 11 – July 15	9 am – 1 pm
		Week 4	July 18 – July 22	9 am – 1 pm
		Week 5	July 25 – July 29	9 am – 1 pm

Fees: Any 1 week	\$150
Any 2 weeks	\$240
Any 3 weeks	\$330
Any 4 weeks	\$420
All 5 weeks	\$510

Site: Tibbetts Brook Park - Midland Avenue entrance, opposite Teresa Avenue



## Sport Camps -Basketball and Tennis

### Future Stars Basketball Camp

Boys and girls will learn and develop the fundamental skills of offensive and defensive play including dribbling, passing, shooting, and defensive strategies. Proper methods will be stressed and combined to improve their overall game. We emphasize teamwork and good sportsmanship. Sneakers and shorts are required. Bring water and a light snack. Coach John Volpe has directed this camp for nearly 15 years and has been the Varsity Girls basketball coach at Saunders High School for the past 19 years.

Ages: 8 -15

Dates & Time:

Session I	July 5 – 15	9 a.m. to 12 noon
Session II	July 18 – 29	9 a.m. to 12 noon
Session III	August 1 – 12	9 a.m. to 12 noon

Fees:

Any 1 Session	\$180
Any 2 Sessions	\$350
All 3 Sessions	\$500

Site: Saunders High School Gymnasium -  
Southern end of Jessamine Avenue  
See page 3 for Registration Information.



### Tennis Camp

This camp helps youngsters ages 6 -13 develop the fundamental skills needed to play tennis. They will learn forehand, backhand, serve techniques, etiquette, and scoring. There will be a chance to develop skills through competition in both singles and doubles play. Tennis racquet and sneakers are required.

Ages: 6 – 13

Dates & Time:

Session I	July 5 – 15	8:45 to 11:45 a.m.
Session II	July 18 – 29	8:45 to 11:45 a.m.
Session III	August 1 – 12	8:45 to 11:45 a.m.



Site: Kinsley Park on Park Avenue, near Roberts Avenue  
Rain Site: Cross Hill Academy (formerly Emerson Middle School)  
gymnasium at end of Odell Avenue.

The gymnasium is only used when it is raining.

Fees:

Any 1 Session	\$180
Any 2 Sessions	\$350
All 3 Sessions	\$500

See page 3 for Registration Information.

## Sport Camps - Baseball / Softball

### Frozen Ropes Baseball/Softball

This Frozen Ropes camp features full-time professional instructors teaching the games of baseball and softball in a highly-rated learning environment. Campers will participate in nationally recognized hitting/fielding/and throwing drills and techniques, along with controlled scrimmages to improve game skills. Campers bring their own glove and cap. If they like they can also bring their favorite bat. Frozen Ropes provides bats and all other equipment. Wear comfortable clothing, and bring cleats or sneakers.

Ages: 5 – 12 , Boys and Girls (Softball)

Camp Dates: Session 1	June 28 – July 1 (4 days)	9 a.m. – 1 p.m.
Session 2	July 5 – July 8 (4 days)	9 a.m. – 1 p.m.
Session 3	July 11- July 15 (5 days)	9 a.m. – 12 p.m. for ages 5 -7
		9 a.m. – 2 p.m. for ages 8 -12

Site: Andrus Park, Central Park Avenue, south of Tuckahoe Road.

Fees: Sessions 1 and 2 are \$115 each for “Rookies” (ages 5 – 7)  
Sessions 1 and 2 are \$125 each for older campers (ages 8 – 12)  
Session 3                \$110 for ages 5 – 7  
                                 \$150 for ages 8 – 12

Register for 1, 2, or all 3 Sessions

Registration starts May 2 at 7 pm

Visit [www.frozenropes.com/elmsford](http://www.frozenropes.com/elmsford)

Make payment by Visa, Mastercard, Amex, and Discover cards.

Questions about registration: Call 345-3370.

### New Advanced Skills Camp for ages 13-16, Boys & Girls.

Dates: July 11 – 14.

Times: 9:00 am to 1:00 pm

Fee: \$150

This is a 4-day indoor camp. Players should wear sneakers and bring their own glove and bat.

Frozen Ropes will provide bats, if necessary.

Site: Frozen Ropes, Elmsford ...300 Executive Boulevard, Elmsford

See above for registration details.



## Sport Camps / Multi-Sport & Golf

### Multi-Sport Camp

Campers 6 -14 years of age will experience more than 15 different sports from around the world: baseball, badminton, bocce, cricket, flag football, handball, lacrosse, netball, rugby, soccer, select track and field events, volleyball, and more. Activities take place in an atmosphere that promotes good sportsmanship, character, teamwork, and most of all, fun. This U.S. Sports Institute camp takes place in an atmosphere where campers are placed into groups according to age and ability. They receive technical instruction in each sport, then experience realistic game situations. Everyone receives a T-shirt and certificate.

Age: 6 -14

Dates: August 15 - 19

Select time that is best for you:

9 a.m. – 12:30 p.m.      \$129

9 a.m. – 4 p.m.          \$169

1 a.m. – 4 p.m.          \$105

Site: Welty Park located on Barton Road, near Mile Square Road

Registration: Registration starts May 2 at 7:00 pm

Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com)

Make payment by Visa, Mastercard, Amex, and Discover cards.

Questions about registration: Call 732-563-2520



### Golf Camp

Using a revolutionary new system, this U.S. Sports Institute camp is the ideal way to introduce golf to boys and girls ages 4 -11. Campers use oversized clubs made of a lightweight material. This allows them to strike the ball more easily, thus increasing their confidence and enjoyment. They will learn basic techniques such as the swing, grip, and ball striking using fun training methods. Campers should wear sneakers and bring water and a snack. Everyone receives a T-shirt and certificate.

Ages 4 – 11

Dates: August 1 - 5

Site: Lincoln High School -

Athletic field and gymnasium

Kneeland Avenue at Borchers Avenue

Age / Times & Fees: 5 – 7yrs    9 am – 10:30 am    Fee: \$105

8– 11yrs    10:30 am – 12 noon    Fee:\$105

4 – 5yrs    12:15 pm – 1:00 pm    Fee: \$69



Registration: Registration starts May 2 at 7 pm. Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com)

Make payment by Visa, Mastercard, Amex, and Discover cards. Questions about registration: Call 732-563-2520.



## Sport Camps - Volleyball & Field Hockey

### Volleyball Camp (New)

This U.S. Sports Institute outdoor volleyball camp is for players from novice to intermediate level. Participants will receive coaching and instruction in all volleyball fundamentals and some tactical areas. Players of every skill level will walk away from this camp more confident in their individual skill base. Development is emphasized in the following areas: hitting, spiking, setting, serving, team attack and defense. Play takes place on grass surface. Wear sneakers and loose clothing, and bring a water bottle. Participants will receive a t-shirt and certificate.

Dates: July 11 – 15

Age / Time: 6 – 10 yrs 4:30 to 6:00 pm

11 – 14 yrs 6:00 to 7:30 pm

Fee: \$89

Site: Lincoln High School

Athletic Field and Gymnasium,

Kneeland Avenue at Borchers Avenue

Registration starts May 2 at 7 pm

Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com)

Make payment by Visa, Mastercard, Amex, and Discover cards. Questions about registration: Call 732-563-2520.



### Field Hockey Camp

Campers will be taken through all phases of this increasingly popular game, courtesy of the U.S. Sports Institute, in a fun, innovative way. Skills covered include ball control, dribbling, push passes and drives, shooting, stick skills, flicks and lifts, dodging, and rules of the game. Players will be grouped by age and playing ability. All equipment is provided. No previous experience is necessary. Campers should wear shin guards, sneakers, loose clothing, and bring water and a snack. Everyone will receive a T-shirt and certificate.

Ages: 6 – 14, Boys and Girls

Dates: July 18 - 22

Time: 5:00 – 7:00 pm

Site: Lincoln High School

Athletic field and gymnasium

Kneeland Avenue at Borchers Avenue

Fee: \$105

Registration starts May 2 at 7 pm

Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com)

Make payment by Visa, Mastercard, Amex, and Discover cards.

Questions about registration: Call 732-563-2520.



## Sport Camps - Lacrosse and Flag Football

### Beginners Lacrosse Camp

Beginners will have great fun learning this exhilarating game. This U.S. Sports Institute program introduces new players to stick handling, passing, scooping, dodging, and shooting, plus other fundamental techniques. Players will be grouped by age and ability. All equipment is provided. Campers should wear sneakers and bring water and a snack. Everyone receives a T-shirt and certificate.



Ages: 6 – 14

Dates: August 8 – 12

Times: 5:00 – 7:00 pm

Site: Lincoln High School

Athletic field & gymnasium, Kneeland Avenue at Borchers Avenue

Fee: \$105

Registration: Registration starts May 2 at 7 pm

Visit [www.USSportsinstitute.com](http://www.USSportsinstitute.com)

Make payment by Visa, Mastercard, Amex, and Discover cards. Questions about registration: Call 732-563-2520.

### i9 Flag Football Camp

i9Sports provides a non-contact football camp with fun, football-related activities. Campers are grouped by age and ability and will learn fundamental football skills as they develop and improve their passing, catching, and flag-pulling (defensive) abilities. Football games like punt & kick contests are included. Everyone receives a gift at the end of the session. Campers should wear shorts or sweatpants and cleats or sneakers (sneakers required if gym is used due to rain).

Ages: 6 -12

Boys and Girls

Camp Dates: June 27 – June 30

(Mon – Thurs) with July 1 as rain date.

Time: 9:00 am to 12 noon

Registration starts on May 2 at 7 pm

Visit [www.i9sports.com](http://www.i9sports.com)

Make payment by Visa, Mastercard, Amex & Discover cards.

Questions about registration: Call 997-7529

Site: Lincoln High School Athletic Field,

Kneeland Avenue at Borchers Avenue



## Sport Camps - Skateboarding

**Skateboarding (NEW):** The Yonkers Skateboard Park is the newest, and perhaps the best in Westchester County. Designed by Grindline and built by industry leaders, it provides cement surfaces for new and experienced skaters. Conveniently located adjacent to the Murray Skating Center at 348 Tuckahoe Road. 2nd Nature skate shop and its instructors join Yonkers Parks & Recreation in offering these new programs.

**Spring Saturday Skateboard Lessons:** Youngsters 5-16 years of age will learn to skateboard in a safe, fun atmosphere. These lessons are mostly geared toward beginning skaters but also offer novice skaters the opportunity to improve their skills. Must bring your own skateboard. Helmets are mandatory and elbow and knee pads are strongly recommended. Learn proper stance, pushing, turning and ollieing (jumping)t. More advanced tricks such as kick flips will be taught if the skater has progressed enough. Maximum 14 students. If you need to purchase any gear or require more information, please visit [www.2ntr.com](http://www.2ntr.com) or contact Burton Smith at 914-346-9453 or [Burton@2ntr.com](mailto:Burton@2ntr.com)

**6 Lessons:** Saturdays, starting May 14 (no lesson over the Memorial Day weekend) Time: 9 – 10 AM  
Fee: \$120, Non-residents: \$145 You must pre-register beforehand. No on-site registrations accepted.  
See Page 3 for Registration Information

### Summer Skateboard Camp

In this slightly more laid back and longer skate camp, skaters 5-16 years of age will receive group instruction as well as have time in the latter part of the class to practice what they've learned as the instructors go around providing one- on-one instruction. This camp is mostly geared toward beginning skaters but also offers novice skaters the opportunity to improve their skills. Must bring your own skateboard. Helmets are mandatory and elbow and knee pads are strongly recommended. Proper stance, pushing, turning and ollieing (jumping) will be taught. More advanced tricks such as kick flips, etc will be taught if the skater has progressed enough or is already at that level. Maximum 14 campers. If you need to purchase any gear or require more information, please visit [www.2ntr.com](http://www.2ntr.com) or contact Burton Smith at 914-346-9453 or [Burton@2ntr.com](mailto:Burton@2ntr.com).

See Page 3 for Registration Information

Register for one or both Sessions

Session 1 .....4 days

July 11-14 (Rain day: Friday) Hours: 9– 11 a.m.

Fee: \$120, Non-residents: \$145

You must pre-register beforehand.

No on-site registrations accepted.

Session 2 .....4 days

July 25-28 (Rain day: Friday) Hours: 9– 11 a.m.

Fee: \$120, Non-residents: \$145

You must pre-register beforehand. No on-site registrations accepted.



### Skateboard Contest

2nd Nature skate shop will host this FREE jam style contest along with a best trick and bowl contest for experienced youth and adult skateboarders at the Yonkers Skateboard Park. There will be two or three skill divisions, a \$200 cash purse, and lots of product prizes and giveaways! Saturday, August 20 at 4 p.m.

## Aquatics / Children's Level Classes

Children's level classes: **Spring** and **Summer** classes meet twice a week for four weeks.

Ages: 4 1/2 and up

Classes combine the best in swim instruction while keeping a strong emphasis on water safety. Courses are available for all ages and skill levels. A certification card will be received after the successful completion of each level class.

**Water Testing Requirements:** If your child has not been in our program, you **MUST** bring them to Water Testing for correct placement in our level classes, unless you know they are level 1 Beginner.

### Spring Session 2011

**Spring Session Water Testing:** Tuesday, May 17 from 6-8 P.M. at the Mark Twain Pool, 160 Woodlawn Ave.

**Aquatics Spring Mini-Session Online Registration:** Wednesday, May 18 at 7 P.M.

**Spring Session** starts the week of May 23rd at the Mark Twain Pool, 160 Woodlawn Ave.



#### **Level 1 Star Fish Classes**

Mon. & Thurs.  
6 – 6:30 P.M.

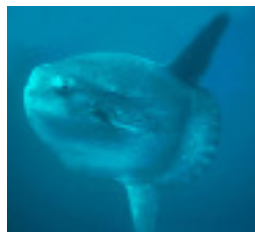
Mon. & Thurs.  
6:30 - 7 P.M.

Tues. & Fri.  
6– 6:30 P.M.

Tues. & Fri.  
6:30 - 7 P.M.

Wed. & Sat.  
Wed. 6– 6:30 P.M.  
Sat. 9-9:30 A.M.

Wed. & Sat.  
Wed. 6:30 – 7 P.M.  
Sat. 9:30-10 A.M.



#### **Level 2 Sunfish Classes**

Mon. & Thurs.  
6 – 6:30 P.M.

Mon. & Thurs.  
6:30 - 7 P.M.

Tues. & Fri.  
6– 6:30 P.M.

Tues. & Fri.  
6:30 - 7 P.M.

Wed. & Sat.  
Wed. 6– 6:30 P.M.  
Sat. 9-9:30 A.M.

Wed. & Sat.  
Wed. 6:30 – 7 P.M.  
Sat. 9:30-10 A.M.

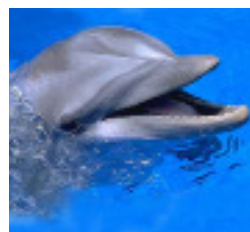


#### **Level 3 A / B Stingray Classes**

Mon. & Thurs.  
7 - 7:45 P.M.

Tues. & Fri.  
7 - 7:45 P.M.

Wed. & Sat.  
Wed. 7 - 7:45 P.M.  
Sat. 10-10:45 A.M.



#### **Level 4 A / B Dolphin Classes**

Mon. & Thurs.  
6:15 – 7 P.M.

Tues. & Fri.  
6:15 – 7 P.M.

Wed. & Sat.  
Wed. 6:15-7 P.M.  
Sat. 9:15-10 A.M.



#### **Level 5 A / B Shark Classes**

Mon. & Thurs.  
7 - 7:45 P.M.

Tues. & Fri.  
7 - 7:45 P.M.

Wed. & Sat.  
Wed. 7 - 7:45 P.M.  
Sat. 10-10:45 A.M.





## Aquatics / Children's Level Classes



Ages: 4 1/2 and up

Children's level classes: **Spring** and **Summer** classes meet twice a week for four weeks.

Classes combine the best in swim instruction while keeping a strong emphasis on water safety. Courses are available for all ages and skill levels. A certification card will be received after the successful completion of each level class.

**Water Testing Requirements:** If your child has not been in our program, you **MUST** bring them to Water Testing for correct placement in our level classes, unless you know they are level 1 Beginner.

### Summer Session 2011

**Summer Session Water Testing:** Tuesday, June 21 from 6-8 P.M. at the Mark Twain Pool, 160 Woodlawn Ave.

**Aquatics Summer Mini-Session Online Registration:** Wednesday, June 22 at 7 P.M.

**Summer Session** starts the week of July 5th at the Mark Twain Pool, 160 Woodlawn Ave.

#### Level 1 Star Fish Classes

Mon. & Wed.  
6 – 6:30 P.M.

Mon. & Wed.  
6:30 - 7 P.M.

Tues. & Thurs.  
6 – 6:30 P.M.

Tues. & Thurs.  
6:30 - 7 P.M.



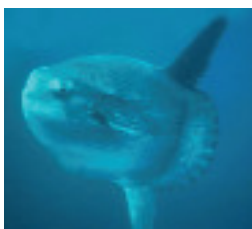
#### Level 2 Sunfish Classes

Mon. & Wed.  
6 – 6:30 P.M.

Mon. & Wed.  
6:30 - 7 P.M.

Tues. & Thurs.  
6 – 6:30 P.M.

Tues. & Thurs.  
6:30 - 7 P.M.



#### Level 3 A / B Stingray Classes

Mon. & Wed.  
7 - 7:45 P.M.

Tues. & Thurs.  
7 - 7:45 P.M.



#### Level 4 A / B Dolphin Classes

Mon. & Wed.  
6:15 – 7 P.M.

Tues. & Thurs.  
6:15 – 7 P.M.



#### Level 5 A / B Shark Classes

Mon. & Wed.  
7 - 7:45 P.M.

Tues. & Thurs.  
7 - 7:45 P.M.



# AQUATICS

## Senior Aquacize

Low Impact aquacize for the young at heart.

[Online Registration](#): See page 3

[Spring Session ONLY](#) starts the week of May 23rd

Fee: \$35

[Location](#): Mark Twain Pool, 160 Woodlawn Ave.

Age: 55yrs +

Day & Time: 4 Saturdays 10-10:45 am

## Senior Swim Year Round

Fee: Free for Yonkers Residents 60+

[Location](#): Yonkers Ave Pool, 48 Yonkers Ave.

Lap Swimming 9:30-10:15 A.M.

Water Walking 10:15-10:30 A.M.

Water Exercise 10:30 - 11:30 A.M.

Must call 377-6439 for medical form to register.

## Recreation Open Swim

Fee: \$35 per Adult \$25 per child

Open recreation swim. Requirements: All parents must accompany children in water.

Day & Time: 7:45 – 9:00 pm 4 Fridays per session

[Location](#): Mark Twain Pool, 160 Woodlawn Avenue

[On-line Registration](#): See page 3 - Aquatics registration

## Evening Lap Swim

Fee: \$54 per session - 4week sessions

Leisure swim at your own pace. Must circle swim if more than 2 persons are in a lane.

[Location](#): Mark Twain Pool, 160 Woodlawn Avenue

[On-line Registration](#): See page 3 - Aquatics registration

[Spring Session](#) starts the week of May 23rd

[Summer Session](#) starts the week of July 5th

Days / Time: Mon. & Wed. 8 – 9 pm / Tues. & Thurs. 8:45 pm - 9:30 pm / Fri. 7:45 - 9 pm

## Noon Lap Swim

Leisure swim or work out at your pace. Program offered all year round at the Yonkers Avenue Pool ONLY.

[Location](#): Yonkers Avenue Pool

[On-line Registration](#): See page 3 - Aquatics registration

Fee: \$80 for 15 weeks

Days / Time: Tuesdays, Wednesdays & Fridays

Noon – 1:30 P.M.

## Yonkers Masters Swim Club

Age: 18 yrs +

Enjoy friendship and camaraderie as you improve your stroke, technique & conditioning through organized workouts. Geared for the fitness swimmer to the serious competitor. Registered U.S. Masters Swim Team; member LMSC. For more info visit [www.yonkersmasters.com](http://www.yonkersmasters.com).

[Location](#): Mark Twain Pool, 160 Woodlawn Avenue [On-line Registration](#): See page 3 - Aquatics registration

Fee: \$54 per session

[Spring Session](#) starts the week of May 23rd

Days & Time: Tues. & Thurs. 8 P.M. – 9:30 P.M. Sat. 10:45 A.M– 12:00 P.M.

[Summer Session](#) starts the week of July 5th Days & Time: Tues. & Thurs. 8 P.M. – 9:30 P.M.

## Competitive Swim Clinic Fee: \$99

A great way to prepare your child for swim team.

Emphasis on stroke technique.

[Spring Session](#) starts the week of May 23rd [Summer Session](#) starts the week of July 5th

[Location](#): Mark Twain Pool, 160 Woodlawn Avenue [On-line Registration](#): See page 3 - Aquatics registration

Age: Must be level 4 swimmer and up. Days / Time: Tuesdays & thursday 7 -7:45 P.M.

# AQUATICS

## Parent and Tot

Parent and tot swim classes are designed to give parents and their child a chance to spend quality time in the pool with guidance from a swim instructor. Children develop the basic skills of swimming and gain confidence in the water by learning to put their face underwater, blowing bubbles, kicking, and jumping in the water. Kick boards and noodles are used by the instructors as learning tools. Children must be accompanied by an adult.

**Location:** Mark Twain Pool, 160 Woodlawn Ave.

**Online Registration:** See page 3

**Spring Session Fee: \$89** starts the week of May 23rd - twice a week for 4 weeks

**Age/ Days & Time:** 6 mo- 4 1/2yrs Tues & Thurs 5:30 - 6 pm

**Summer Session Fee: \$45** Starts the week of July 5th - Once a week for 4 weeks

**Ages /Days & Time:** 6 mo-3yrs Fridays 6:15-6:45 pm / 3yrs-4 1/2yrs Fridays 6:45 - 7:15 pm

## Adult Learn to Swim

Fee: \$99

Adult beginners will learn basic swimming skills & water safety.

Intermediate swimmers expand their techniques.

On-line Registration: See pg 3 - Aquatics registration

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Spring Session** starts the week of May 23rd

**Summer Session** starts the week of July 5th

**Level / Days & Time:** Intermediate / Advanced: Mon. & Wed. 8 – 8:45P.M.

Beginner : Tues. & Thurs. 8– 8:45P.M.

## Teen Learn to Swim

Fee: \$99

Young adults learn basic swimming & water safety.

**Location:** Mark Twain Pool, 160 Woodlawn Ave.

**Online Registration:** See page 3

**Spring Session** starts the week of May 23rd

**Summer Session** starts the week of July 5th

**Age:** 13- 17yrs

**Day & Time:** Mon. & Wed. 7-7:45 pm



## Cardio Aqua Fit

Fee: \$99

An energizing exercise program designed for body toning and cardio-vascular fitness. Water shoes highly recommended.

**Location:** Mark Twain Pool, 160 Woodlawn Ave.

**Online Registration:** See page 3

**Spring Session** starts the week of May 23rd

**Summer Session** starts the week of July 5th

**Day & Time:** Mon. & Wed. 8 – 8:45P.M.

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**On-line Registration:** See page 3

## Deep H2O Aquacise

Fee: \$99

Adults enjoy exercise in deep water with emphasis on lower body. Aqua belt provided or bring your own. You must be comfortable in deep water.

**Location:** Mark Twain Pool, 160 Woodlawn Ave.

**Online Registration:** See page 3

**Spring Session** starts the week of May 23rd

**Summer Session** starts the week of July 5th

**Day & Time:** Tues. & Thurs. 8– 8:45P.M.



Retired? Tired of being home? Come out to our Senior Centers! Make friends, socialize and have a great time all year round. Senior Center members enjoy luncheons, trips, card playing, bingo, parties, billiards and much more.

There are 3 components to the Senior Recreation Program:

**Senior Centers** • **Specialist programs** • **Seasonal Events**

The Yonkers **Senior Centers** are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 yrs & older. Each Senior Center is completely different. When visiting a senior center ask to see the leader. The leader will show you around and introduce you to other members. They can go into detail on the different senior center activities.

The **Specialist programs** is a free 25 class program. Each class runs for 10 weeks in the Fall, starting in October and 15 weeks in the Winter/ Spring months starting in February. This program is open to residents sixty years of age and older. No registration is required - simply drop in and take a class.

The Parks Department hosts Free **Seasonal Events** throughout the year to bring all the Senior Centers together. This is also a great way to meet new friends throughout the city. Some of our seasonal events include: Senior Halloween Hop, Senior Spring Dance, Senior Picnic, Senior Golden Olympics, Senior Golf Tournament.



For more info on our senior programs, classes and events call Sandy Korkatzis, Recreation Supervisor Monday through Friday from 9A.M.- 4P.M. at 377-6444.



## Senior Citizen Recreation / Senior Centers

### GROUP #2

#### Grinton I. Will Library

Senator Flynn Room  
1500 Central Pk. Ave.  
Phone: 337-1500 press 1 then 348  
Monday-Friday 12:30-4:30 P.M.  
This site is in a small room which allows for a coffee hour, card playing and bingo.

### GROUP # 3

#### Coyne Park Community Center

777 Mclean Ave.  
Phone: 377-6472  
Monday-Friday 12:00 -4:00 P.M.  
This is a multiroom site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, linedancing, shuffleboard, bocce, intergenerational program and a coffee hour. This center does have a trip committee as well as many parties.

### GROUP #4

#### Charles Cola Community Center

945 No. Broadway  
Phone: 377-6483  
Mon., Wed., & Fri.,  
12:30-4:30 P.M.  
This site offers arts and crafts, bridge, cardplaying, drawing, woodcarving and many parties.

### GROUP #5

#### Rauso Post

178 Waverly St.  
Phone: 377-6474  
Tuesdays 11:00A.M. -3:00 P.M.  
This site has bingo and cardplaying as well as many inhouse parties.

### GROUP #6

#### Bryn Mawr Church Hall

20 Buckingham Rd.  
Phone: 377-6478  
Mon. 12:30-4:30 P.M.  
Wed. 12:30-4:30 P.M.  
This site has bingo and cardplaying, yoga and many inhouse parties.

### GROUP #7

#### St. Mark's Church Hall

1373 Nepperhan Ave.  
Phone: 377-6479  
Tuesday & Friday  
11:30-4:30 P.M.  
This site has bingo, cardplaying, watercolor painting classes and many inhouse parties.

### GROUP #8

#### Runyon Community House

21 Runyon Ave.  
Phone: 969-2733  
Wednesdays 10:30 A.M.-4:30 P.M.  
This site plays cards, tripoly, yoga and great parties.

### GROUP # 9

#### Terrace City Lodge #1499

95 North Broadway  
Phone: 969-9752  
Wednesdays 11 A.M to 3 P.M.  
This site has bingo and lunch.

### GROUP #10

#### Bronx River Rd Community Center

680 Bronx River Rd.  
Phone: 377-6486 Monday-Friday  
10-12 P.M. lunch program through  
Office for the Aging 377-6822  
Recreation 11:00 A.M.-3:00 P.M.  
This site offers bingo, card playing, arts and crafts and parties.

### GROUP #12

#### Nodine Community Center

140 Fillmore St.  
Phone: 377-6475  
Monday through Friday  
12:00 - 4:00 P.M.  
This is a multiroom site which allows for many different activities: billiards, bingo, card playing, exercise, yoga, linedancing, bocce, computer classes and a coffee hour.

### GROUP #13

#### St. Casimir Apts. Community Room

289 Nepperhan Ave.  
Phone: 377-6485  
Monday 10 A.M. - 2 P.M.  
This site has bingo and exercise.

### GROUP #14

#### North East Jewish Center Hall

11 Salisbury Rd.  
Phone: 377-6491  
Tuesday & Thursday  
12:30-4:30 P.M.  
This site plays majhon and has great monthly meetings. They also enjoy going to luncheons.

### GROUP #15

#### Nepperhan Community Center

342 Warburton Ave.  
Phone: 965-0203  
Tues. & Thurs. 12:30-4:30 P.M.  
This site plays pokeno and tripoly, has exercise and crafts.  
lunch program through  
Office for the Aging 377-6822

### GROUP #16

#### Our Lady of Fatima Church Hall

963 Scarsdale Rd. 377-6492  
Mon. & Tues. 12 - 4:00 P.M.  
This site is in a small room which allows for a coffee hour, card playing and bingo.

## Senior Citizen Recreation      2011 SPRING Specialist Program

Specialist classes are free to all Yonkers residents 60 years of age and older.

No registration is required; Take the class on a walk in basis.

For more information or in case of inclement weather please call Recreation Supervisor, Sandy Korkatzis

Monday through Friday from 9 A.M. to 4 P.M. at (914) 377-6444.

These classes were partial funded from grants recieved from Senator Stewart-Cousins and Senator Klein.

Winter / Spring Classes will run for 15 weeks **STARTING FEBRUARY 7, 2011.**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>Exercise</b> 10:00- 11:00 A.M. Senior Center 13 St. Casimir Apts. 289 Nepperhan Ave. starts Feb.7, 2011	<b>Water Color Painting</b> 10 A - 12:00 P.M. Senior Center 12 Nodine Hill Center 140 Fillmore St. starts Feb.8, 2011	<b>Yoga</b> 11:30A.-12:30 P.M. Senior Center 8 21 Runyon Ave. starts Feb.9, 2011	<b>Yoga</b> 10:30 - 11:30 A.M. Coyne Park 777 Mclean Ave All year round	<b>Line Dancing Beginner / Intermediate</b> 11:00 A.-12:00 P.M. Coyne Center 3 777 Mclean Ave starts Feb. 18, 2011
<b>Chair Yoga</b> 10:00 - 11:00 A.M. Senior Center 6 BrynMawr Hall 20 Buckingham Rd. starts Feb.7, 2011	<b>Exercise</b> 1:00 P.M. -2 P.M. Senior Center 15 Nepperhan Center 342 Warburton Ave starts Feb.8, 2011	<b>Tai Chi</b> 11:30 A-12:30 P.M. Senior Center 12 Nodine Hill Center 140 Fillmore St. starts Feb.9, 2011	<b>Artist In You</b> Sketching & Drawing 12 P.M. - 2:00 P.M. Senior Center 12 140 Fillmore St. starts Feb. 10, 2011	<b>Water Color Painting</b> 12:00 P.M.- 2 P.M. Senior Center 7 St. Marks Hall 1373 Nepperhan starts Feb. 11, 2011
<b>Exercise</b> 2:00-3:00 P.M. Senior Center 12 Nodine Hill Center 140 Fillmore St. starts Feb.7, 2011	<b>Wood Carving</b> 11 A.M.-1 P.M. Senior Center 4 Cola Center 945 No Broadway runs from Jan.4th through Feb.7th. Spring session resumes on April 19. ( room facing Untermyer Park).	<b>Chair Exercise</b> 12:30 P - 1:30 P.M. Coyne Park 777 Mclean Ave. starts Feb.9, 2011	<b>Chair &amp; Mat Yoga</b> 1:00 - 2:15 P.M. Senior Center 12 140 Fillmore St. starts Feb. 10, 2011	<b>Chair Exercise</b> 12:30 P - 1:30 P.M. Coyne Park 777 Mclean Ave. starts Feb.11, 2011
<b>OUTDOOR RECREATION: Silver Stars Exercise &amp; Walking Program:</b> Spring Program starts April 11th. Mondays (Weather Pending) at 11:15 A.M. Tibbett's Brook Park off Midland Ave. Always call the hotline at 377-6454 at 10:30 to hear for any rain cancellation.				
<b>Line Dancing Intermediate / Advanced</b> 12:45P. - 2:15 P.M. Senior Center 12 Nodine Hill Center 140 Fillmore St. starts Feb. 18, 2011				

## Senior Citizen Recreation / Bingo Locations

# BINGO

Bingo is open to Yonkers Residents sixty years of age and older.

\* Sites with a star may play at an alternate time the first week of the month due to senior center monthly meetings.



### Monday

- \* Senior Center 16, Our Lady of Fatima Church Hall, 963 Scarsdale Road 12 P.M. 377-6492
- \* Senior Center 10, James P. Scotti Center , 680 Bronx River Road 12 P.M. 377-6486
- \* Senior Center 3, Coyne Park Community Center, 777 Mclean Avenue 12:15 P.M. 377-6472
- \* Senior Center 2, Will Library Senator Flynn Room, 1500 Central Pk Ave. 12:15 P.M. 337-1500
- Senior Center 13, St. Casimir Apts, 289 Nepperhan Ave. 1P.M.(2nd & 4th Mons)377-6485

### Tuesday

- \* Senior Center 7, St. Mark's Episcopal Church Hall, 1373 Nepperhan Avenue 1P.M. 377-6479
- \* Senior Center 5, Rauso Post, 92 Waverly Street 377-6474

### Wednesday

- \* Senior Center 9, Terrace City Lodge #1499, 95 North Broadway 11 A.M. 969-9752
- Senior Center 12, Nodine Center, 140 Fillmore Street - 12 P.M. Hotdogs, 1P.M. Bingo 377-6475
- Senior Center 6, BrynMawr Church Hall, 20 Buckingham Road 12 P.M. 377-6478

### Thursday

Senior Center 3, Coyne Park Community Center, 777 Mclean Avenue 12:15 P.M. 377-6472  
[once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]

### Friday

Senior Center 2, Will Library Senator Flynn Room, 1500 Central Park Ave. 12:15 P.M.  
To call this senior center dial 337-1500 press #1 then extention 348.

## Project Friendship

Project Friendship: is a group oriented program for persons and adults with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them. All participants must be toilet trained. Please call Tara Conte-Giglio at 914-377-6437 with any questions.

**Art Therapy:** Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

**Location:** Coyne Park CC, 777McLean Ave.

**Day:** Program meets twice a month on Saturdays in May & June

**Age/Time:** Children/Pre-teens: 2PM-3PM

**Bowling:** Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

**Location:** Paradise Lanes, 790 Yonkers Ave.

**Age/Time:** Children/Pre-teens Thursdays 4:30 -6 PM in May, June, July & August

**Age/Time:** Adults Fridays 3:30 - 5:30 PM in May & June

**Dance Therapy:** This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational will benefit all than attend.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:** Program meets twice a month on Fridays in May & June

**Age/Time:** Children & Pre-teens 7 PM-8 PM

**Fun & Fitness:** Participants will exercise and do a music and movement class all within an exciting hour.

**Age/Time:** Children & Pre-teens 3 PM-4 PM

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:**Program meets twice a month on Saturdays in May & June

**Hero Tennis:** This program is designed to promote a participant's coordination and agility skills.

**Location:** Mark Twain Gym, 160 Woodlawn Ave.

**Day:** Program meets weekly on Saturdays.

**Age/Time:** All Ages 11AM-12 PM

**Music Therapy:** Participants will use music to explore and improve, physical, psychological, cognitive and social functioning.

**Location:** Coyne Park CC-777 McLean Ave.

**Day:** Program meets 2x a month every other Sat., in May & June

**Age/Time:** Teens 13-22 yrs 1PM-2PM

**Age/Time:** Children 6-12yrs 2 PM-3 PM

**Pet Therapy:** This unique program uses a trained animal to achieve specific physical, social, cognitive and emotional goals with participants.

**Location:** Coyne Park CC, 777McLean Ave.

**Day:** Program meets 2x a month on Fridays in May & June

**Age/Time:** Children & Pre-teens: 6:30 PM-7 PM

**Storytelling:** Join as we read our all-time favorite stories! Parents & participants are encouraged to bring in stories as well! **Location:** Coyne Park CC, 777McLean Ave.

**Age/Time/ Day:** Children/Pre-teens Saturdays 12:30-1 PM in May & June

**Special Olympics:** Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to teens and adults during the months of October through mid-May.

**Location:** Mark Twain Gym, 160 Woodlawn Ave.

**Day & Time:** Saturdays 9 AM-11AM

**Teen Fun Club:** Participants will have an opportunity to socialize and make new friends. Activities will include: exercise, sing a longs, community outreach, movies and dine-outs.

**Location:** Coyne Park CC, 777McLean Ave.

**Day:** Program meets 2x a month on Fridays in May until Mid Aug.

**Age/Time:** Teens 13-22yrs 7 PM-8 PM

**Theatre Workshop:** Learn the wonderful craft of drama, self-expression and miming.

**Location:** Coyne Park CC, 777 McLean Ave.

**Day:**Program meets twice a month on Saturdays in May & June

**Age/Time:** Children 6-12yrs 2 PM - 3 PM

**Age/Time:** Teens 13-22yrs 1 PM - 2 PM

**Yoga:** This program enhances strength, breathing and balance. Each participant will learn breathing exercise techniques in a recreational environment.

**Location:** Coyne Park CC-777 McLean Ave.

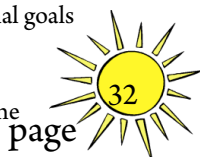
**Day:** Program meets 2x a month on Fridays in May & June

**Age/Time:** Children & Pre-teens 6 PM-7 PM

**Young Adult Club:** A social program for developmentally disabled teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, community outreach, exercise, entertainment, cooking, dancing and much more.

**Location / Time:** Coyne Park CC-777 McLean Ave. 7 -9 PM

**Age/Day:** Teens & Adults Tuesdays July until Mid Aug.





## Camp Pride

### CAMP PRIDE is for the DEVELOPMENTALLY DISABLED

A group-oriented recreation day camp for developmentally disabled children and adults. This camp offer art, sports, tennis and trips. Breakfast and lunches are included. New applicants must be interviewed by Tara Conte-Giglio at the Yonkers Parks Department offices, 285 Nepperhan Avenue.

Dates: Session 1      July 5 – July 22  
Session 2      July 25 – August 12

Time: 9 a.m. – 3 p.m. Monday through Friday  
Site: P.S. #28, 18 Rosedale Avenue  
Fees: Yonkers Residents \$100 per 3 week session  
Non-Residents & Group homes \$300 per 3 week session  
Note: Transportation is available for residents.



#### Requirements

Immunization records and an updated physical examination are required. Campers must also be toilet trained. Contact Tara Conte-Giglio on 377-6438 for additional information about Camp Pride. Project Friendship: We also offer a multitude of programs throughout the year. Call 377-6438 for a listing of our spectacular program.

## Yonkers Animal Shelter

120 Fullerton Avenue

See page 11 for Dog Obedience classes.

Interested in adopting? We are constantly in search of new homes for all our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet please consider meeting our beautiful animals. Our volunteer adoption coordinator is available to discuss our adoptable animals with you. Potential adopters are required to fill out our pre-adoption form, which can be done at the shelter.

To learn more about Building Hope Campaign for the new animal shelter please see page 35.

### Hours of Operation

Monday thru Friday 11:00 to 4:00  
Saturday and Sunday 12:00 to 4:00  
Adoption fees: Cats \$65.00 / Dogs \$80.00

### Adoptions include:

Spaying and neutering, a Distemper shot, De-worming, Rabies shot, a Dog license and a free examination with a participating veterinarian.



## Edward J. Murray Memorial Skating Center

(914) 377-6469 348 Tuckahoe Road

Yonkers New York, 10710

Robert Allo.....Rink Manager & Hockey Program

Patricia Urban.....Assistant Rink Manager & Skating School

### OUR MISSION

Since 1960, The Murray Skating Center has provided quality skating and hockey programs to residents of The City of Yonkers and the surrounding communities. The Skating Center has endeavored to provide a wide range of programs serving the diverse needs of children and adults of all ages. We have always adhered to our original stated goal which is to produce "skating families". All programs focus on the development of the positive characteristics that can be derived from participation in athletic activities such as good sportsmanship, self discipline, responsibility and the ability to function in peer groups. The importance of winning is de-emphasized while primary attention is focused on the development of a healthy, recreational environment.

The Murray Skating Center offers a full range of ice skating and roller skating activities and non skating events. Call 377-6469 or visit our website [www.Yonkersny.gov](http://www.Yonkersny.gov) to obtain detailed information about summer and winter programs and events.

### ICE SKATING

October through April. Ice Skating and Ice Hockey Programs for all ages and skill levels. Registration begins in August 2011. The 2011-2012 season begins October 2, 2011.

### ANNUAL ICE SKATING SHOW

Free admission. Friday, April 29 and Saturday, April 30 at 7 P.M., Sunday, May 1 at 3P.M.

### PUBLIC ROLLER SKATING

Fridays 7:30 P.M.- 10 P.M. Adults \$7 Children \$6

Skate rental \$3.50. Begins June 3rd. Birthday Parties welcomed!

### ROLLER SKATING OUTINGS

June through mid September - Arrange a roller skating outing for your group or organization. Birthday parties welcomed! Skate rentals available.

### FLOOR AND ROLLER HOCKEY

Full teams or individual players may join our adult Floor Hockey or Roller Hockey League.

Organizational meeting - Please call for more information and date of meeting (914) 377-6469.

### ROCK 'N RODS CAR SHOW

Begins Wednesday, May 4th. Join us every Wednesday from 6-9 P.M. View the hottest vintage cars and street rods in Westchester.

### OUTDOOR FLEA MARKET

Every Sunday from 9 A.M. until 4 P.M. New and used items for sale. New Vendors welcome. Free Parking. Open March 27th, weather permitting. For more information, please call (914) 377-6469.

### "SUBURBIA FLAT TRACK ROLLER DERBY"

Four exciting bouts scheduled for Saturdays June 11th, July 9th, July 30th and August 13th. Bouts begin at 7 P.M. Tickets available in advance and at the door. Go to [www.suburbiarollerderby.com](http://www.suburbiarollerderby.com) for additional information or to purchase advance tickets.

## Coyne Park Rifle and Rifle Range

771 McLean Avenue 377-6488

[www.coyneparkrange.net](http://www.coyneparkrange.net)

Coyne Park Range is a modern, state-of-the-art indoor shooting range conveniently located in Yonkers, New York. A public range welcoming to all recreational shooters and law enforcement personnel.

There are many reasons why more than 19 million Americans safely participate in the fun and challenging sport of target shooting. This is a sport that can vary from a leisurely hobby to competing in local and national leagues, or just competing with yourself. If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

**Business Hours:** Monday - Thursday : 5:00 P.M. to 10:00 P.M.      Fridays: 10:00 A.M. to 10:00PM  
Saturday & Sunday: 12:00 P.M. to 6:00 P.M.

Residents: \$13 per hour    Non Residents: \$15 per hour

Yearly memberships available, Residents \$225.00 non Residents \$250.00

Eye and Ear Protection: \$3 each    22 Caliber Rifle Rental: \$10 per session    22 Caliber Ammo: \$7 per hundred

## Yonkers Animal Shelter / Building Hope

### WE NEED YOUR HELP!

The Yonkers Animal Shelter needs a new home to care for abandoned, abused and neglected animals.

\$2.3 million still needs to be raised for the construction of the new shelter.



The city's current animal shelter, at 120 Fullerton Avenue in Yonkers, was built almost fifty years ago. At that time, the focus in the city of Yonkers, as in most communities, was animal control; the shelter was seen as a temporary holding facility for animals that were picked up off the streets.

Dogs and cats were generally held for a short period of time and if not claimed by an owner, they were often euthanized. Since adoption was not a goal of the shelter, the original building was not set up to be a comfortable and healthy facility for the animals or to show them off to potential new owners.

The current Yonkers Animal Shelter is literally a crumbling, antiquated facility that is too small, at a maximum capacity of 140 animals, for a city the size of Yonkers. Sometimes, healthy, adoptable animals must be put down to make room for the constant flow of homeless pets that arrive daily from Yonkers and nearby towns. Although the staff does its best to keep the shelter clean, the cages are cramped and the surroundings are depressing. There is no grassy area for the dogs to exercise. The cat rooms are small, with cages piled on top of one another. In this unappealing setting, it's easy to see why many people who might want to adopt a pet simply stay away.

A lot has changed in the thirty years since the original Yonkers Animal Shelter was built. Modern shelters now focus on adoption as a primary goal, and comfortable, humane living conditions for the animals are emphasized. There is ample room for dogs to exercise, and cats are often housed in group settings without cages in which they can play and socialize. Improving the living conditions of shelter animals is not only more humane; better living conditions mean the animals do not become depressed and unfriendly. As a result, these homeless pets remain healthy and adoptable.

The new Yonkers animal shelter will stand in stark contrast to the existing facility. It will be nearly double the size at 14,000 sq. ft., feature an expanded kennel area with room for 50% more animals, include modern medical and exercise areas, and contain inviting public spaces that will showcase the animals for adoption.

**Please send all donations to:** Building Hope for the New YAS, Inc. / P.O. Box 406

Yonkers, New York 10710

